

THE TOWN OF LOS ALTOS HILLS  
SPRING-SUMMER 2010

# ACTIVITY GUIDE



CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS



## Town of Los Altos Hills City Council

Hon. Dean Warshawsky, Mayor  
Hon. Breene Kerr, Mayor Pro Tem  
Hon. Rich Larsen, Councilmember  
Hon. Jean Mordo, Councilmember  
Hon. Ginger Summit,  
Councilmember

## Town Manager

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## Parks & Recreation Committee

Scott Vanderlip, Co-Chair  
Julia Zarcone, Co-Chair  
Karen Bergh  
Kathy Evans  
Rebecca Hickman  
Steve Johnson  
Jamie Lucia  
Val Metcalfe  
Patty Radio



Members of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status.

Parks and Recreation Committee meetings are held on the third Monday of every month at 5:00 pm in the Parks and Recreation Center at Town Hall. All Parks and Recreation Committee meetings are open to the public.

**NOW WITH  
FUN TRIVIA  
QUIZZES**

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**FIRST  
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L  
A**

## YOUTH CLASSES, CAMPS & ACTIVITIES

**“Keith Gutierrez is one of the best child educators in our area.”**

LAH PARENT

# A Touch of the Earth – Ohlone Summer Day Camp

BY KEITH GUTIERREZ

**K**eith has been teaching environmental education for 30 years. He uses his skills, talents, and vast knowledge of nature and Native Americans to teach children about the history of California and the care of our earth. Keith fills his camps with a variety of hands-on activities, along with music to ensure that everyone who participates in his camps leaves with the memory of a thoroughly fun and educational experience.



Location: Byrne Preserve/Westwind Barn  
 Session 1: 6/14 – 6/18  
 Session 2: 6/21 – 6/25  
 Session 3: 6/28 – 7/2  
 Session 4: 7/5 – 7/9  
 Session 5: 7/12 – 7/16  
 Session 6: 7/19 – 7/23  
 Session 7: 7/26 – 7/30  
 Session 8: 8/2 – 8/6

## Hawks

**C**ampers will participate in nature walks, learning the wonders of plant growth and decomposition. Observation of small live animals will present opportunity for respect of all wildlife. Camp will also be filled with arts & crafts, sing-a-long songs and Native American history. An experience the children will treasure for a life time.

Time: 9:00 am – 12:00 pm  
 Ages: 5 – 7 yr olds  
 Fee: \$180 Resident/  
 \$207 Non-Resident

## Cougars

**C**ampers will venture the wilderness, learn to identify plants and trees, learn nature strategies and care for wildlife. Survival skills include; shelter building, orienteering, cordage and archery skills. Nature crafts, animals visit, games, music and a lesson about the Ohlone Indians will round out this exciting week.

Time: 1:00 pm – 4:00 pm  
 Ages: 8 – 11 yr olds  
 Fee: Cougars \$190  
 Resident/\$219 Non-Resident

## Counselor in Training

**C**IT will learn how to work with children, take on leadership skills and learn to teach about nature. Participants will then assist the camp staff in leading games and crafts as well as assist with snacks. Training is scheduled for June 13th, 9:00am – 12:00pm

Time: 9:00 am – 12:00pm  
 Ages: 12 – 14 yr olds  
 Fee: CIT \$90  
 Resident/\$104 Non-Resident



# Year 'Round Riding Program

The Year Round Riding Program sessions offer two levels of riding lessons for youth and adults. The Beginners' Program is for those with little or no riding experience. The Novice Program is for riders who are comfortable at the walk and trot and who are beginning to canter. Each program uses an English saddle. Safety helmets will be provided. For safety reasons we require that participants come neatly dressed wearing jeans or other comfortable pants (no shorts), boots or shoes with heels, no jewelry and hair must be pulled back and out of the rider's face.

Fee: \$295 Resident/\$335 Non-Resident  
 Location: Westwind Barn  
 Instructor: Jane Kawasaki  
 Ages: 7 & Up



## Adult & Youth Beginner

Day: Sundays  
 Session 3: 2/28 – 4/11 (No Class 3/7)  
 Session 4: 4/18 – 5/30 (No Class 5/23)  
 Session 5: 8/29 – 10/10 (No Class 9/5)  
 Times: 9:00 am – 9:45 am

## Youth Beginner

Day: Tuesdays  
 Session 3: 2/23 – 4/6 (No Class 3/9)  
 Session 4: 4/20 – 6/1 (No Class 5/25)  
 Session 5: 4/20 – 6/1 (5:00 pm – 5:45 pm)  
 Session 6: 8/31 – 10/5  
 Session 7: 8/31 – 10/5 (5:00 pm – 5:45 pm)  
 Times: 4:00 pm – 4:45 pm unless listed otherwise

## Youth Novice

Day: Wednesdays  
 Session 3: 2/24 – 4/7 (No Class 3/10)  
 Session 4: 4/21 – 6/2 (No Class 5/26)  
 Session 5: 4/21 – 6/2 (5:00 pm – 5:45 pm)  
 Session 6: 9/1 – 10/6  
 Session 7: 9/1 – 10/6 (5:00 pm – 5:45 pm)  
 Times: 4:00 pm – 4:45 pm unless listed otherwise

## Youth Novice

Day: Saturdays  
 Session 3: 2/27 – 4/3  
 Session 4: 4/24 – 6/5 (No Class 5/29)  
 Session 5: 8/28 – 10/9 (No Class 9/4)  
 Times: 9:00 am – 9:45 am

## Youth Advanced Novice

Day: Saturdays  
 Session 3: 2/27 – 4/3  
 Session 4: 4/24 – 6/5 (No Class 5/29)  
 Session 5: 8/28 – 10/9 (No Class 9/4)  
 Times: 10:00 am – 10:45 am

## PARK QUIZ

1. What is the oldest City Park in the United States?
2. What US city's park had the highest visitorship in 2008?
3. What are some of the benefits of Parks?
  - A. Increased Property Value
  - B. Access to Parks Increases frequency of Exercise.
  - C. Access to parks and recreational facilities has been linked to reductions in crime
  - D. All of the above

# Summer Riding Camps at Westwind Barn

**Y**our budding equestrian will have an exciting and fun-filled week in this camp. The goal is to provide horsemanship skills and horse management knowledge to your child and to have tons of fun!!! Safety helmets will be provided. For safety reasons we require that participants come neatly dressed wearing jeans or other comfortable pants (no shorts), boots or shoes with heels, no jewelry and hair must be pulled back and out of the rider's face. Parents are encouraged to attend camp on Friday. Your child will demonstrate the skills he/she has learned during the week. Camps are limited to 12 participants per session. Water, snacks and a camp shirt will be provided.

## Spring Break Camp: 4/12 – 4/16

Session 1: 6/14 – 6/18  
Session 2: 6/21 – 6/25  
Session 3: 6/28 – 7/2  
Session 4: 7/6 – 7/9  
(No Camp 7/5)  
Fee is \$316/\$364  
  
Session 5: 7/12 – 7/16  
Session 6: 7/19 – 7/23  
Session 7: 7/26 – 7/30  
Times: 9:00 am – 1:00 pm  
Location: Westwind Barn  
Fee: \$395 Resident/  
\$455 Non-Resident  
Ages: 6 – 17

# Private Riding Lessons at Westwind Barn

**T**he Town of Los Altos Hills is now offering private horseback riding lessons and training at Westwind Barn. Participants will learn the basic foundations and advanced theories of Huntseat in a fun, safe and positive environment geared towards the rider interested in showing or improving their riding. Training for the horse is also available on a limited basis from a qualified trainer. Town staff will work with you to coordinate a day and time for your lesson. Please contact the Parks and Recreation Department to schedule your private lesson today or to learn more about the program!

Location: Westwind Barn  
Resident  
Fee: \$47 for 30-minute lesson; \$57 for 60-minute lesson  
  
Non-Resident  
Fee: \$52 for 30-minute lesson; \$62 for 60-minute lesson  
Instructor: Jane Kawasaki  
Contact: 650-947-2506





## Lacrosse Camp by Atherton Lacrosse

**L**earn the fundamentals of Lacrosse, the fastest game on two feet! We make learning the fundamentals of lacrosse fun. No previous experience required. Lacrosse sticks will be available for loan from the Atherton Lacrosse staff or you can bring your own. Mouth guard is required (can be purchased for \$2). Play is “no-contact.” For more information, please visit the Atherton Lacrosse website [www.AthertonLacrosse.com](http://www.AthertonLacrosse.com) or email at [AthertonLacrosse@Gmail.com](mailto:AthertonLacrosse@Gmail.com)

Session 1: 7/12 – 7/16

Session 2: 8/9 – 8/13

Time: 9:00 am – Noon

Location: Pinewood School Upper Campus

Ages: 7 – 15

Instructor: Atherton Lacrosse Staff

Fee: \$225 Resident/\$259 Non-Resident

## Free Lacrosse Clinics by Atherton Lacrosse

**L**earn the fundamentals of Lacrosse, the fastest game on two feet! We make learning the fundamentals of lacrosse fun. No previous experience required. Lacrosse sticks will be available for rent from the Atherton Lacrosse staff or you can bring your own. Mouth guard is required (can be purchased for \$2). Play is “no-contact.” For more information, please visit the Atherton Lacrosse website [www.AthertonLacrosse.com](http://www.AthertonLacrosse.com) or email at [AthertonLacrosse@Gmail.com](mailto:AthertonLacrosse@Gmail.com)

Date: 5/16

Day: Sunday

Time: 3:00 pm – 4:30 pm

Location: Purissima Park Field #2

Ages: 7 – 15

Instructor: Atherton Lacrosse Staff

# British Soccer Camps by Challenger Sports

**C**hallenger Sports provides amazing coaches with cool accents who make learning soccer fun! We coach soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. Each participant must bring shinguards, sunscreen, lots of water and a snack and/or lunch each day. Each participant will also receive a camp shirt, a camp ball and a personal player evaluation.



## First Kicks

**Y**oung players, ages 3-4, are introduced to game basics through fundamental activities, games and fun soccer challenges. This camp is one hour per day for five days. Parents are encouraged to join in and help guide their child through this fun learning experience.

Dates: 8/9 – 8/13  
Session 1: 9:00 am – 10:00 am  
Session 2: 1:00 pm – 2:00 pm  
Location: Purissima Park Field #2  
Fees: \$85 Resident/  
\$98 Non-Resident

## Mini-Soccer

**F**un games, competitions and skill-building activities are designed to enlighten and develop budding players from ages 4-5. This camp is 1.5 hours per day for five days.

Dates: 8/9 – 8/13  
Session 1: 10:00 am – 11:30 am  
Session 2: 2:00 pm – 3:30 pm  
Location: Purissima Park Field #2  
Fees: \$119 Resident/  
\$137 Non-Resident

## Half-Day Player Development Camp

**E**mphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is the most popular program from Challenger Sports.

Dates: 8/9 – 8/13  
Session 1: 9:00 am – Noon for Ages 6 – 10  
Session 2: 12:30 pm – 3:30 pm for Ages 11 – 16  
Location: Purissima Park Field #2  
Fees: \$145 Resident/  
\$167 Non-Resident

## Full-Day Player Development Camp

**A** more advanced camp for serious players, full day camps focus on game related techniques, tactical development and coached match play. This camp is six hours per day for five days for children ages 6-16.

Dates: 8/9 – 8/13  
Times: 9:00 am – 3:30 pm  
Location: Purissima Park Field #2  
Fees: \$215 Resident/  
\$247 Non-Resident





## Skyhawks Multi-Sport

**M**ulti-sport camps are designed to introduce athletes to soccer, baseball, and basketball in one camp. Sport sampling will allow them to learn different skills, have fun and begin to formulate their passion for a particular sport. This program is designed to motivate children to lead a healthy, active lifestyle while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing, shin guards, and running shoes; bring a lunch and a snack, a water bottle, a baseball glove, and sunscreen.

Dates: 6/14 – 6/18  
Times: 9:00 am – 1:00 pm  
Location: Purissima Park Field #2  
Ages: 7 – 12  
Fees: \$165 Resident/\$189 Non-Resident

## Skyhawks Basketball

**T**his fun, skill-intensive program is designed with the beginner to intermediate player in mind. Using our progression curriculum and focusing on the whole player, we teach your child the skills they need both on and off the court to be a better athlete. Through drills and games we make it an unforgettable camp experience for your son or daughter. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen.

Dates: 6/28 – 7/2  
Times: 9:00 am – 12:00 pm  
Location: Pinewood School Upper Campus  
Ages: 7 – 12  
Fees: \$140 Resident/\$160 Non-Resident

## Mini-Hawk by Skyhawks

**T**his multi-sport program gives young children ages 4 to 7 a positive first step into athletics. Soccer, baseball and basketball are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. Staff is trained to handle the specific needs of these young athletes. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen.

Dates: 7/5 – 7/9  
Times: 9:00 am – 12:00 pm  
Location: Purissima Park Field #2  
Ages: 4 - 7  
Fees: \$140 Resident/\$160 Non-Resident

## Skyhawks Flag Football

**S**kyhawks flag football is the perfect introduction to America's Game or for those who want to brush up on their skills preparing for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen.

Session 1: 7/26 – 7/30  
Times: 9:00 am – 12:00 pm  
Location: Purissima Park Field #2  
Ages: 7 – 12  
Fees: \$140 Resident/\$160 Non-Resident



# Windsurfing and Sailing Camp: Level 1

**T**his is a hands-on course whereby students will be introduced to the fundamental of safely maneuvering sail-powered craft. Learn to rig and de-rig, as well as basic rules of the water, and water safety. Our talented and well-qualified instructors will provide a supportive learning environment. In small teams, students will learn the gentle arts of sailing and windsurfing. Windsurfers will practice first on a land simulator, and eventually learn to rig windsurf sails before heading out on their own. Sailors will have the dubious honor of righting a capsized sailboat and will learn to handle the main and jib sails. A required equipment use fee of \$250 made payable directly to the Shoreline Aquatic Ctr. is due on the first day.

Session 1: 6/14 – 6/18  
Session 2: 6/21 – 6/25  
Session 3: 6/28 – 7/2  
Session 4: 7/5 – 7/9  
Session 5: 7/12 – 7/16  
Session 6: 7/19 – 7/23  
Session 7: 7/26 – 7/30  
Session 8: 8/2 – 8/6  
Session 9: 8/9 – 8/13  
Times: 9:00 am – 2:00 pm  
Location: Shoreline Aquatic Center  
Ages: 9 – 15  
Fee: \$125 (a \$250 Equipment Use fee is due at 1st day of class)

# Windsurfing and Sailing: Level 2

**A**re you ready for a fast-paced, challenging, and totally fun week refining your windsurfing and sailing skills? Sail a race course! Learn faster tacks, pivot jibes, more freestyle moves, advanced safety skills, heavy windsailing and improved techniques with certified instructors and a team of classmates. Prerequisite: Level 1 Windsurfing and Sailing or equivalent. A required equipment use fee of \$250 made payable directly to the Shoreline Aquatic Ctr. is due on the first day.

Session 1: 6/14 – 6/18  
Session 2: 6/21 – 6/25  
Session 3: 6/28 – 7/2  
Session 4: 7/5 – 7/9  
Session 5: 7/12 – 7/16  
Session 6: 7/19 – 7/23  
Session 7: 7/26 – 7/30  
Session 8: 8/2 – 8/6  
Session 9: 8/9 – 8/13  
Times: 11:30 am – 4:30 pm  
Location: Shoreline Aquatic Center  
Ages: 9 – 15  
Fee: \$125 (a \$250 Equipment Use fee is due at 1st day of class)

## AWESOMEngineering

**A**re you ready to have an AWESOME time? Our Engineering and Construction program will teach you fundamental engineering and construction concepts using Erector® educational toys. You will build things you encounter everyday; including bridges, cars, skyscrapers and more! Some of the concepts covered include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction, and Truss Systems. In class, you are provided with everything you need to build each project which includes a tool belt, tools and project pieces. This hands-on class will allow you to work together to solve problems while building projects. Returning students will work on new projects. A \$10 material fee is due at the first class for an Erector® set that students will keep.

Session 1: 6/28 – 7/2  
Time: 9:00 am – 12:00 pm  
Session 2: 6/28 – 7/2  
Time: 1:00 pm – 4:00 pm  
Location: Parks and Recreation Center at Town Hall  
Ages: 7 – 12  
Fee: \$ 139 Resident/\$159 Non-Resident

## Jet Cadets

**I**t's a bird! It's a plane! No, it's... everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you have built yourself.

Dates: 7/5 – 7/9  
Time: 9:00 am – 3:00 pm  
Location: Parks and Recreation Center at Town Hall  
Ages: 5 – 12  
Fee: \$285 Resident/\$328 Non-Resident

## “Fizz”-ical Phenomena & Che-Mystery

**T**ake a walk on the wild side in this crazy week of sleuth science. Have a ton of fun as we whip up potions and experiment with all kinds of chemical reactions, including growing our own crystals, making sidewalk chalk, and a chromatography t-shirt to keep. Mix it up as we experiment with molecular madness, radical reactions and “fizz”-ical and chemical reactions. Discover what those crazy chemists are really up to in their laboratories. Then use everything you've learned to solve the Mad Science Mystery; even Sherlock couldn't figure this one out

Dates: 7/19 – 7/23  
Time: 9:00 am – 3:00 pm  
Location: Parks and Recreation Center at Town Hall  
Ages: 5 – 12  
Fee: \$285 Resident/\$328 Non-Resident

# Nature's Anatomy Academy

**L**earn about insects, birds, beasts and you from the inside out in this action packed week. Have fun finding and magnifying nature's smallest critters, from fungus to insects. Discover what that night-hunting owl found for dinner during our owl pellet dissection. Whip up your own Mad Mucus and find out about the "stuff" inside your body. Have some creepy-crawly fun building a bughouse and finding tenants, and build a birdhouse to take home with you.

Dates: 6/21 – 6/25  
Time: 9:00 am – 3:00 pm  
Location: Parks and Recreation Center at Town Hall  
Ages: 5 – 12  
Fee: \$285 Resident/\$328 Non-Resident

## Little Green Thumbs

**B**lossoming minds will love this week! Specially designed for the inquisitive pre-K or kindergartener, this week teaches all about the amazing things that happen in the garden. Explore how things start to grow in the ground, and learn that plants, fruits and vegetables start from seeds. Learn what seeds need to grow and where they get those things as we study weather. Discover the role that bugs and butterflies play in making your garden grow. Please note that, for the safety of the children, all activities will be conducted indoors.

Dates: 7/12 – 7/16  
Time: 9:00 am – Noon  
Location: Parks and Recreation Center at Town Hall  
Ages: 4 – 6  
Fee: \$187 Resident/\$215 Non-Resident



### INSECTS QUIZ

1. What is the fastest flying insect?
2. How many insect species are there?
3. Where are taste sensors located on a butterfly?
4. How many honey bees live in a single colony?
5. How fast can a cockroach run?
6. What are the most common insects?



# Y

## Spy Academy

**L**ook out 007-the Mad Science Spy Academy is here! From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment and even create their own edible message. Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis. Figure out the science of forensics in a hands-on look at crime scenes. Become a super spy and learn clever ways of performing tasks as we take a hands-on view of the science that spies use. The take-homes for this camp were designed specially by Q himself.

Dates: 6/14 – 6/18  
Time: 9:00 am – Noon  
Location: Parks and Recreation Center at Town Hall  
Ages: 5 – 12  
Fee: \$187 Resident/\$215 Non-Resident

## NASA: Journey Into Outer Space

**M**ad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere on earth and beyond. Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in this “mad” planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for space flight. This is an experience that is truly out of this world!

Dates: 8/2 – 8/6  
Time: 9:00 am – Noon  
Location: Parks and Recreation Center at Town Hall  
Ages: 5 – 12  
Fee: \$187 Resident/\$215 Non-Resident

# Camp Shoreline

In the heart of Silicon Valley, in the middle of a wildlife sanctuary, on the edge of a 50-acre saltwater lake, you will discover Camp Shoreline. Led by a group of talented and exuberant counselors, skilled in a range of water sports and land activities, the young camper will be introduced to a variety of aquatic and recreational activities. Mornings are usually spent learning skills such as kayaking, rowing, canoeing or pedal-boating. The camper will gain hands-on experience using skills gleaned. In addition, concepts related to windsurfing and sailing will be touched upon at an introductory level. Afternoons may be spent playing games, participating in craft activities, taking a sailboat ride, hiking in the natural surroundings, learning about Shoreline Park, bird-watching in its wildlife sanctuary, or even dropping by the historic Rengstorff House museum for a visit. A required equipment use and materials fee of \$225 made payable directly to the Shoreline Aquatic Ctr. is due on the first day.

Session 1: 6/14 – 6/18  
Session 2: 6/21 – 6/25  
Session 3: 6/28 – 7/2  
Session 4: 7/5 – 7/9  
Session 5: 7/12 – 7/16  
Session 6: 7/19 – 7/23  
Session 7: 7/26 – 7/30  
Session 8: 8/2 – 8/6  
Session 9: 8/9 – 8/13  
Times: 10:00 am – 3:30 pm  
Location: Shoreline Aquatic Center  
Ages: 5 – 11  
Fee: \$110 (a \$225 Equipment Use and Materials fee is due at 1st day of class)



## Nature Journaling

Record and remember your nature experiences more by taking nature journals. Studies have shown that we better remember our experiences with nature if we take time to draw and record our observations with drawings, watercolors and text in a nature journal. Participants will take a hike near Westwind Barn and in Byrne Preserve to stop at various points to draw, paint and describe our observations. Bring something that will allow you to sit comfortably (like a blanket or pad) when class stops to make entries into the journals. Please bring your own water, snacks and sunscreen. For more info, contact Kelyn Dewar at dewar.kelyn@gmail.com or Scott Vanderlip at scott@inet-sciences.com

Date: Saturday, April 3  
Location: Westwind Barn  
Time: 9:00 am – 12:00 pm  
Instructor: Kelyn Dewar/Scott Vanderlip  
Fee: \$15 if you have your own journaling materials; \$40 with optional journaling kit of sketchbook, pencils, water colors and brushes that must be ordered before the class.

## Yoga for Pre-K

**C**reative and fun, these classes stimulate imagination, maintain flexibility and develop conscious breathing. Pre-K yoga combines poses with songs, stories, games and relaxation techniques.

Dates: 3/3 – 4/28  
No class 3/31  
Day: Wednesdays  
Times: 2:00 pm – 2:45 pm  
Location: Town Hall  
Ages: 3 – 5  
Fees: \$100 Resident/  
\$115 Non-Resident



## Kids Yoga

**F**un engaging classes explore yoga poses, cooperative games, breathing and relaxation exercises and convey lessons in self-expression, body awareness and social skills. Non-competitive and fun, students develop strength, flexibility, concentration and confidence.

Dates: 3/2 – 4/27  
No class 3/30  
Day: Tuesdays  
Times: 4:00 pm – 4:45 pm  
Location: Town Hall  
Ages: 5 – 8  
Fees: \$100 Resident/  
\$115 Non-Resident

## Rocket Kids

**K**ids lengthen and strengthen their bodies with flowing sequences, balancing poses, breathing exercises and simple relaxation techniques. Along with partner poses and fun yoga activities that build trust and positive communication, Rocket Kids are on top of the world.

Dates: 3/4 – 4/29  
No class 4/1  
Day: Thursdays  
Times: 4:00 pm – 4:45 pm  
Location: Town Hall  
Ages: 8 – 13  
Fees: \$100 Resident/  
\$115 Non-Resident

### About the Yoga Instructor:

Cheryl Acheson began practicing yoga in the 1990s and is now devoted to practicing and teaching yoga. She loves those new to yoga as well as students who have a firm foundation. She currently apprentices with Tom Abrehamson (Iyengar). She has studied Anusara Yoga with Kenny Graham, Darren Rhodes, John Friend and others. Cheryl is also a kids Yoga teacher and is IYK certified. Kids yoga is about leading kids to have strong and flexible minds and bodies and feeling good inside and out! Regardless of age, students will focus, balance, align, strengthen and relax in every class! Cheryl is a Los Altos Hills resident for the past 20 years. Other than yoga she loves snow skiing, cycling, kick boxing and spending time with her family.



## ADULT CLASSES & ACTIVITIES

# Pam's Yoga Fitness

**T**his course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks. Please bring a yoga mat. For samples and more information visit [www.pamwalatka.com](http://www.pamwalatka.com).

Session 3: 2/3 – 3/24  
Session 4: 3/31 – 5/19  
Session 5: 5/26 – 7/14  
Session 6: 7/21 – 9/8

Day: Wednesdays  
Time: 10:15 am – 11:30 am  
Location: Town Hall  
Fee: \$105 Resident/  
\$119 Non-Resident  
Instructor: Pam Walatka

## Los Altos Senior Center

**T**he City of Los Altos Senior Center offers a welcoming environment to meet the needs of experienced adults from a cup of coffee, to meeting new friends, to providing a variety of programming. Programming includes Friday events (\$2.00 lunch, Movie, Birthday Bingo), Bocce Ball, ping pong, various card games, free art ventures, one on one computer tutorials, a book club and day and extended tours. Exercise and special interest classes including but not limited to Yogalates, Genealogy, Hiking and foreign language instruction are provided on site by the Mountain View-Los Altos Adult Education. Resources are also available for housing information, health insurance, foot doctor, case management and recycling medications, eye-glasses and batteries. Come check it out!

### Membership:

Residents: \$21.00

Non-Resident: \$26.00

Newsletter: \$4.00 – The Spotlight Newsletter is your guide to all the activities and events at the Los Altos Senior Center. For \$4.00 a year it will be mailed to your home.

To become a member: Make checks payable to City of Los Altos, and mail it to the Los Altos Senior Center, 97 Hillview Ave, Los Altos, CA 94022

Benefits of becoming a member: Money off of day trips, events and luncheons. Los Altos Senior Center Memberships contribute to one of the best little Senior Center's on the planet.

At Hillview Community Center  
97 Hillview Avenue, Rooms 10-12  
650-947-2797

### Senior Center Hours:

8:30 am – 3:30 pm, Monday – Friday

Website: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)



## PARK FACTS

Did you know that as many as 2/3 of the residents of America's largest cities do not have access to a nearby park, playground or open space?

In a 2009 market research study, California's households visit a local park at least once a year; 68% visit once a month; and 26% visit once or more a week

Did you know that over 400,000 people are employed across America to provide programs and services through state and local parks and recreation?

## Rally Training

**H**ave fun with your dog and reinforce good behavior. The newest AKC titling event, Rally Training was created to allow handlers to actively reinforce good dog behavior in competition by using verbal and nonverbal praise. Smiles, encouraging words, laughter and a general happy feeling are encouraged in the ring for training and for competition. During competition, the handler moves through a preset course by reading numbered signs that give instructions. All breeds of dogs, including mixed-breeds, are suitable for this, so long as they have basic obedience training. Your dog should have completed at least a basic obedience training course. Your dog should have a basic understanding of sit, down, stay, come and heel. Your dog must be in good physical condition, up to date with all vaccinations, flea free and non aggressive towards people and other dogs.

What to bring to class: You should make sure that your dog has a comfortable buckle collar. You should also bring a 6 foot leash (no FLEXIES please) and comfortable walking/running shoes for yourself. As this is a positive reinforcement training class, you are requested to bring treats to class as rewards for your dog. Small, bite-size pieces (ex: cut up hot dog) are appropriate. Please have them ready before class.

Session 5:	2/17 – 3/24
Session 6:	3/31 – 5/5
Session 7:	5/12 – 6/16
Session 8:	6/23 – 7/28
Session 9:	8/4 – 9/8
Days:	Wednesdays
Times:	9:00 am – 10:00 am
Location:	Baseball Field at Hillview Community Center
Fee:	\$60 Resident/\$69 Non-Resident
Instructor:	Rosalie Alvarez



**SPECIAL  
EVENTS,  
RECREATION  
AREAS AND  
OPEN SPACE**

## **Art Show Opening Reception for Pat Sherwood & Neil Boor**

**L**os Altos Pat Sherwood and Neal Boor are husband and wife, celebrated art professors since the 70's, and master teachers whose works grace collections all over the U.S.A. and the world. Pat received a National Endowment for the Arts Fellowship in 1994. Both work with abstract forms depicting landscapes derived from nature, but with forms made deliberately vague. These forms allow one to drift by and through the compositions. The paintings are filled with multi-volumed colors, weighty textures and sensual forms which suggest a response to shared experiences. All extraneous visual elements, both literary and symbolic have been eliminated to encourage reflection. The exhibit will hang March 10 through September.

Date: Sunday, March 21  
Time: 2:00 pm – 5:00 pm  
Location: Town Hall

## **7th Annual Hoppin' Hounds Easter Biscuit Hunt**

**I**t's the 7th annual Doggie Easter Biscuit Hunt in Los Altos Hills! You and your dog will hunt through Byrne Preserve in search of dog-healthy Easter Biscuits provided by our wonderful and generous sponsor, Five Paw Bakery of Los Altos. This exciting on-leash event is held to benefit the Palo Alto Animal Services shelter. We will request a \$5 donation to help support this service. All proceeds will go directly to Palo Alto Animal Services. You can also check out Five Paw Bakery at [www.fivepaw.com](http://www.fivepaw.com)

Date: April 10  
Day: Saturday  
Time: 9:00 am – 11:00 am  
Location: Byrne Preserve, 27210  
Altamont Road, Los Altos Hills



# Earth Day Celebration

This year's annual Earth Day Celebration will be held on Sunday, April 18th. A special attraction, in addition to exhibits by Los Altos Hills committees, local environmental organizations and school groups, will be Leopard's Etc. "Live Wild Cats" education program. Presentations of the wild cats are scheduled for 1:30 pm and 3:00 pm. Local winemakers have been invited to participate as well. For more information contact Nancy at 941-4808 or Kathy at 948-8985. This event is held at Westwind Barn and is sponsored by the Open Space Committee and the Parks and Recreation Committee.

Date: Sunday, April 18  
Time: 1:00 pm – 4:00 pm  
Location: Westwind Barn



# Inaugural Golf Tournament

Sign up now for the Inaugural Los Altos Hills Parks and Recreation Golf Tournament on Monday, May 3rd at the prestigious Palo Alto Hills Golf and Country Club. The entry fee is \$225. The event will be a shotgun start in a foursome scramble format. A boxed lunch will be provided. Drinks and appetizers will be served following your round. Prizes will be awarded and there will be fun games on the course! Your green fee supports the Town's Parks and Recreation Department and may be tax deductible (Please consult with your tax advisor as to the effect of this contribution on your specific tax situation).

Date: Monday, May 3  
Time: Noon  
Location: Palo Alto Hills Golf & Country Club  
Fee: \$225

# RUN IN THE OAKS 9th Annual Pathways Run – 5K/10K Run & 1-Mile Fun Run



The Pathways Run begins at the Westwind Community Barn and runs through the Byrne Preserve and extends into the Los Altos Hills Pathways system. The run features a 5K/10K Pathways run/walk and a 1 mile fun run for kids. All children participating in the fun run will receive a t-shirt and finishers medal. This event will be held rain or shine. To register and for more information, please call 650-947-2506 or visit the event website at [www.lahpathways.org](http://www.lahpathways.org)

Date: Saturday, May 8  
Time(s): 5K/10K runs – 9:00 am;  
1 Mile Fun Run – 10:30 am  
Location: Westwind Barn, 27210 Altamont Road  
Fees: 5K/10K – \$20; \$25 on race day; 1 Mile Fun Run – \$10; \$15 on race day

# 13th Annual Los Altos Hills Town Picnic

The Town Picnic features complete dinners cooked by our firefighters from Santa Clara County Firefighters Local #1165. Chicken, all-beef hot dogs and vegetarian burgers will be served with firefighters' chili, tossed salad and garlic bread. Soft drinks, beer, wine and ice cream sundaes will be provided, as will entertainment, games and a variety of attractions for both adults and children. This year will also mark the fourth year of the vintage car show!

The Town Picnic is organized by the Town's Community Relations Committee with help from many other volunteers in Town. You can volunteer to help for half an hour or more at the picnic by calling Town Hall at 941-7222.

The picnic is hosted by the Town of Los Altos Hills and is limited to Town residents only. A registration coupon will be mailed to all Town residents in May. Advance registration is required so we can order the correct number of dinners. Many large canopies will be provided so that rain or hot weather won't cancel the picnic.

Date: Sunday, June 6  
Time: 1:00 pm – 4:00 pm  
Location: Purissima Park  
Fee: Free

# Horse Boarding and Riding at Westwind Barn

**W**estwind Barn is a 15-acre boarding and training facility owned and operated by the Town of Los Altos Hills. It is home to the 4H's Disabled Riding Program, the Pacific Ridge Pony Club and the Parks and Recreation Department's Year 'Round Riding Program. Currently, the Barn is undergoing an extensive renovation to meet current building structural standards. The project will be completed early in the new year. The facility includes box stalls ranging in size from 10'x10' to 15'x10' as well as pasture options. Facilities include a 100' x 200' jumping arena with a full course of fences, a standard dressage court at approximately 80' x 130', and a cross-country course. Stalls are fed 3x/day, cleaned 2x/day, and horses are turned-out 4 hours per day, Monday – Friday by barn staff. Westwind is a great staging site for long-distance trail rides, with access to the Town's 63 miles of maintained riding trails, and backs up to San Antonio, Foothill, and Arastradero. Trainers are available but boarders may bring their own trainer.

Location: 27210 Altamont Road  
Contact: Crystal Petralli at 650-941-6113 or  
cpetralli@losaltoshills.ca.gov for more  
information

## TOWN OF LOS ALTOS HILLS QUIZ

1. What year was the Town of Los Altos Hills incorporated?

A. 1955 B. 1956 C. 1957 D. 1958

2. Prior to recent annexations, the Town of Los Altos Hills encompassed how many square miles?

A. 8.4 B. 4.8 C. 7.2 D. 10.6

3: Approximately how many miles is the Town's Pathways System?

A. 56 B. 25 C. 52 D. 65

4: How much did it cost the Town to build the original Town Hall?

A. \$250,000 B. \$500,000 C. \$1,000,000  
D. \$0

Q: Who were the first known residents of Los Altos Hills?

A. Seminole Indians B. Ohlone Indians  
C. Mohave Indians D. Chukchansi  
Indians

# 4-H Disabled Riding Program

**4**-H has been providing horseback riding instruction for children with physical disabilities since 1978. Riders ages 5 to 19 are eligible to participate. Volunteers come from all walks of life and must be at least 14 years of age. If you are interested in volunteering or giving to the program, please contact Westwind 4-H at 650-947-8680. The 4-H program is year-round. Riding sessions during the fall, winter, and spring are held on Monday and Thursday afternoons from 4:00 pm to 5:00 pm. The riding sessions are ten weeks long. A different set of riders and volunteers come on each Monday and Thursday. A shorter summer session is held during the month of July. For more information, visit the web at [www.westwind4h.org](http://www.westwind4h.org).

### Spring

Orientation: Saturday, March 27 at Noon

Location: Westwind Barn

Dates: 3/29 – 6/14

Days: Mondays and Thursdays

Times: 4:00 pm – 5:00 pm

Location: Westwind Barn

### Summer

Orientation: Saturday, June 26 at Noon

Location: Westwind Barn

Dates: 7/5 – 7/26

Days: Mondays

Times: 7:00 pm – 8:00 pm

Location: Westwind Barn



# Los Altos Hills Town Riding Arena

**R**ecently refurbished with state & local grant funds, this public facility is an excellent place to take your horse for a little exercise!! The Town Riding Arena is operated by the Parks and Recreation Department and maintained by our sponsoring community partner, the Los Altos Hills Horsemen's Association (LAHHA).

**Los Altos Hills Horseman's Association (LAHHA):** The Los Altos Hills Horseman's Association is a non profit, membership supported organization that promotes equestrian activities and programs in Los Altos Hills. LAHHA organizes educational clinics and horse play days, with fun games on horseback. LAHHA works closely with the Parks and Recreation Department to coordinate a variety of public events and activities at the Town Riding Arena. This facility is open to all residents of Los Altos Hills to enjoy. LAHHA schedules activities for residents who own horses and for those who enjoy seeing horses in Town and want to support equestrian activities. To join LAHHA, for information on upcoming events or to volunteer please contact Carol Gottlieb or Kathy Evans at BernonGottlieb@sbcglobal.net or EvansASE@aol.com.



**L**eave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.

THOMAS JEFFERSON

# Purissima Park

The Town of Los Altos Hills broke ground on a \$1.3M renovation of the Purissima Fields in August of 2008. The City Council of Los Altos Hills approved the renovation project in December of 2007 as part of a major commitment to upgrade and improve the Town's parks and recreation assets. The project included major upgrades to the drainage and irrigation systems and parking lot areas. It also added more park like features including picnic tables, a sport court, safety fencing, improved landscaping and a new ADA compliant restroom facility.

The park is home to the Los Altos Hill Parks & Recreation Department, the Los Altos Hills Horseman's Association and the Los Altos Hills/Los Altos Little League. The Town Riding Arena and the baseball fields are eligible for reservation. To reserve these facilities for your event, please call the Parks and Recreation Department at 650-941-7222.



## Los Altos Hills Pathways System

A very special feature of Los Altos Hills is the Pathways System. Sixty-three miles of roadside and off-road paths meander through the hills and valley of the Town, connecting various areas of the community. This network is a valuable recreational asset for residents. The system has been designed over many years to provide non-vehicular access to the Town for walkers, runners, bicyclists and equestrians. Maps of the Pathways System are available at Town Hall for \$1.

## Byrne Preserve

Located along the upper length of Altamont Road and connected to the Los Altos Hills Pathway System, the Byrne Preserve consists of 55 acres of open space adjacent to the Westwind Barn. The preserve is a passive recreational site. It serves as a pasture for horses and as the site for the Hoppin' Hounds Easter Egg Hunt, the Pathways Run and many, many more exciting events and activities.



### PHOTO CONTEST

The Town's Parks and Recreation Department is holding a photography contest. The winning submission(s) will be evaluated and may be used on the cover or on an inside page in an upcoming *Activity Guide* that is mailed to 3,000 homes. Photos must meet all the following requirements to be eligible: (1) landscape or portrait composition (2) show participants — kids or adults — engaged in a recreational activity in a setting that is clearly identified with Los Altos Hills (3) high resolution color — 300 DPI at a source size of at least 8.5" x 11". Only one submission per person is allowed. Deadline is May 1, 2010. To submit your photo or learn more, please contact Eric Christensen at [echristensen@losaltoshills.ca.gov](mailto:echristensen@losaltoshills.ca.gov) or 650-941-7222.

### PARK QUIZ

1. Plaza de la Constitucion was in established in 1573 in St. Augustine, Florida.
2. Central Park in New York City had 25,000,000 visitors.
3. D. All of the above

### TOWN QUIZ

1. B. 1956
2. A. 8.4 square miles
3. D. 65 miles
4. D. \$0

### INSECT QUIZ

1. A dragonfly can fly at speeds of 50-60 mph.
2. Experts estimate that there are between 10 to 30 million insect species alive today. Insects make up about 85% of all known animal species.
3. A butterfly's taste sensors are located on its legs.
4. A colony of honey bees can contain up to 80,000 bees.
5. A cockroach can run about 14 mph.
6. Beetles are the most common insects, with over 300,000 known species. Butterflies and moths are second, with 165,000 known species.

### Los Altos Hills Activity Guide

The Activity Guide is published with assistance from the Parks and Recreation Committee and a generous contribution from Alexander Atkins Design, Inc.

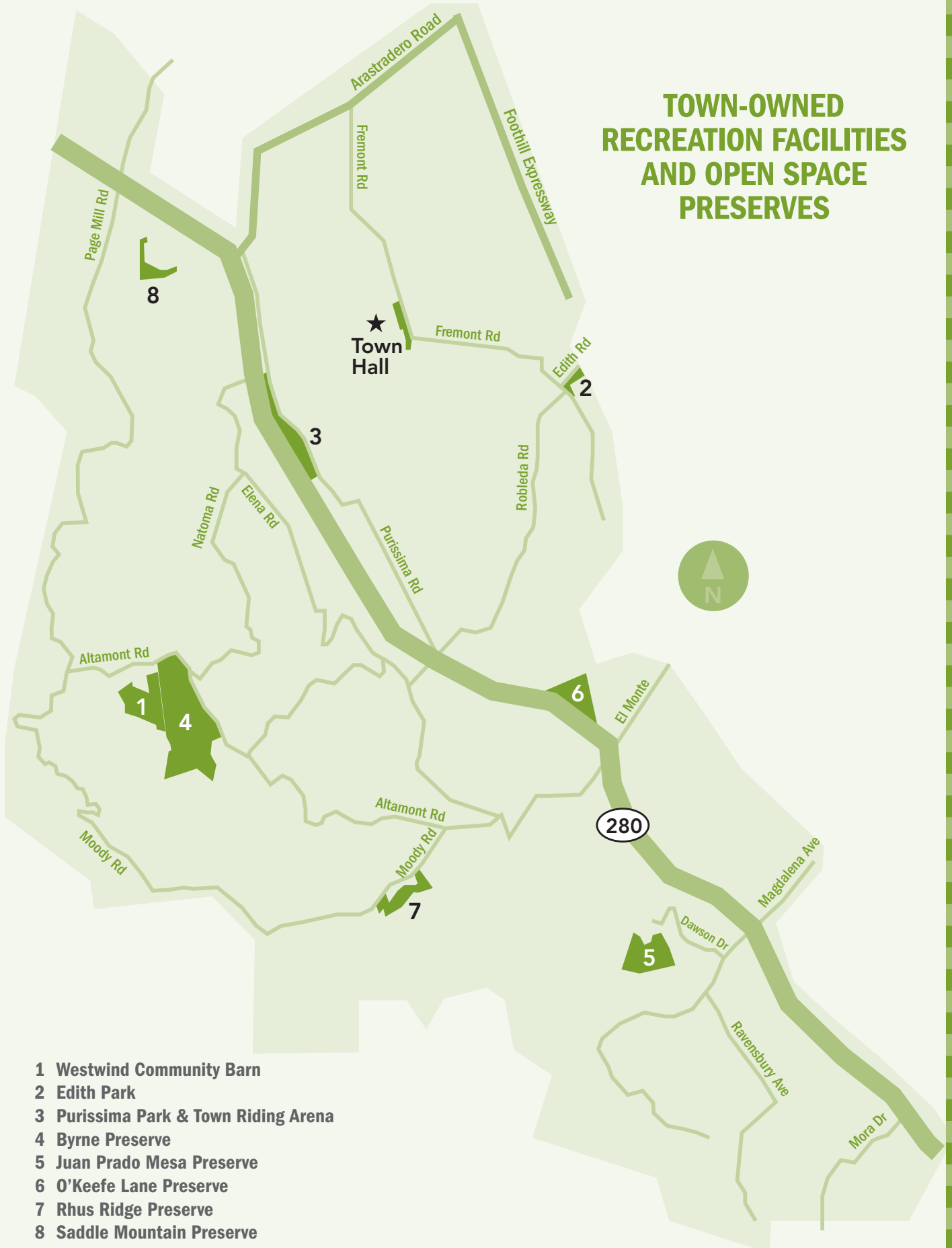
[www.losaltoshills.ca.gov](http://www.losaltoshills.ca.gov)

Design + Production:  
Alexander Atkins Design, Inc.  
[www.alexatkinsdesign.com](http://www.alexatkinsdesign.com)

Cover photo (running event):  
Jitze Couperus



## TOWN-OWNED RECREATION FACILITIES AND OPEN SPACE PRESERVES



- 1 Westwind Community Barn
- 2 Edith Park
- 3 Purissima Park & Town Riding Arena
- 4 Byrne Preserve
- 5 Juan Prado Mesa Preserve
- 6 O'Keefe Lane Preserve
- 7 Rhus Ridge Preserve
- 8 Saddle Mountain Preserve



# REGISTRATION FORM

PLEASE PRINT ALL INFORMATION

Participant First and Last Name	Age (if under 18)	T-shirt Size	Course/ Activity	1st Choice Session	2nd Choice Session	Fees
1 _____	_____	_____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____	_____	_____
4 _____	_____	_____	_____	_____	_____	_____
5 _____	_____	_____	_____	_____	_____	_____
6 _____	_____	_____	_____	_____	_____	_____

## PARENT/ADULT CONTACT INFORMATION

Name: Last	First	Date of Birth
_____		
Address: City	State	Zip
_____		
Parent Name: Last	First	
_____		
Phone No: Home	Work	Cell
_____		
Emergency Contact: Name	Phone	
_____		

## RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**REFUND POLICY:** Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacated position is filled. **No refunds will be given after program has started.** A refund service charge of 7% will be added to all refunds requested by the customer.

## TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print parent/guardian name: \_\_\_\_\_

Address (City, State, Zip): \_\_\_\_\_

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

## PAYMENT

I hereby authorize the use of my credit card: ☐ Mastercard ☐ Visa

Name as it appears on card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please detach and remit payment to: Town of Los Altos Hills Parks and Recreation, 26379 Fremont Road, Los Altos Hills, CA 94022



## TOWN OF LOS ALTOS HILLS

26379 Fremont Road  
Los Altos Hills, CA 94022

Presorted Standard  
U.S. Postage  
Paid  
Los Altos, CA  
Permit No. 306



AT A GLANCE

## Youth

A Touch of the Earth -  
Ohlone Summer Day Camp



Hawks

Cougars

Counselor in Training

Summer Riding Camps at  
Westwind Barn

Year 'Round Riding  
Program

Private Riding Lessons at  
Westwind Barn

Lacrosse Camp by Atherton  
Lacrosse

Free Lacrosse Clinics by  
Atherton Lacrosse

British Soccer Camps by  
Challenger Sports

First Kicks

Mini-Soccer

Half-Day Player  
Development Camp

Full-Day Player  
Development Camp

Skyhawks Multi-Sport

Skyhawks Basketball

Mini-Hawk by Skyhawks

Skyhawks Flag Football

AWESOME Engineering

Spy Academy

Nature's Anatomy Academy

Jet Cadets

Little Green Thumbs

"Fizz"-ical Phenomena &  
Che-Mystery

NASA: Journey into Outer  
Space

Camp Shoreline

Windsurfing and Sailing  
Camp: Level 1

Windsurfing and Sailing:  
Level 2

Nature Journaling

Yoga for Pre-K

Kids Yoga

Rocket Kids

## Adult

Rally Training for Dogs

Pam's Yoga Fitness

Los Altos Senior Center

## Events

Art Show Opening  
Reception: Sherwood &  
Boor

7th Annual Hoppin' Hounds  
Easter Biscuit Hunt

Earth Day Celebration  
Inaugural Golf Tournament

9th Annual Pathways Run:  
5K/10K Run & 1-Mile  
Fun Run

13th Annual Los Altos Hills  
Town Picnic

Horse Boarding and  
Riding at Westwind Barn



4-H Disabled Riding  
Program

Los Altos Hills Town  
Riding Arena

Purissima Park

Los Altos Hills Pathways  
System

Byrne Preserve



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